

Fishguard Sea Cadets

Fishguard & Goodwick 10km 2009



Pos	No	First	Name	Club	Time	Cat	Age
1	29	GLYN	PRICE	SARN HELEN	00:34:42	M40	42
2	28	MICHAEL	DAVIES	SARN HELEN	00:35:20	M40	40
3	55	LEE	LADD	CARMARTHEN HARRIERS	00:36:17	OM	20
4	31	STEPHEN	THOMAS	NONE	00:38:00	M40	47
5	46	GARETH	ELLIOTT	PEMBS HARRIERS	00:38:28	OM	26
6	25	STEVE	OUSELEY	INGLI RUNNERS	00:39:22	OM	35
7	56	PAUL	OUGHTON	NONE	00:39:54	M40	48
8	27	HUW	PRICE	SARN HELEN	00:40:19	M40	46
9	35	SIMON	HALL	SARN HELEN	00:40:40	OM	29
10	33	TONY	HALL	SARN HELEN	00:40:43	M50	53
11	57	LYNN	GREEN	CARDIGAN RC	00:40:49	F45	51
12	62	ALEC	WILLIAMS	INGLI RUNNERS	00:41:21	M48	42
13	44	JOHN	SINNETT	PEMBS HARRIERS	00:41:39	M50	52
14	37	ROB	WILLIAMS	INGLI RUNNERS	00:41:48	M40	43
15	52	LEE	JAMIESON	INGLI RUNNERS	00:42:03	OM	39
16	22	CARYS MAI	DAVIES	SARN HELEN	00:42:07	OF	18
17	45	DAVE	GRIFFITHS	TROTS	00:43:03	M40	46
18	42	MARTIN	TWIGG	SAN DOMENICO	00:43:14	OM	26
19	30	KIRSTY	MURRAY	TROTS	00:43:23	F35	36
20	32	PAUL	EDWARDS	PEMBS HARRIERS	00:43:40	M40	49
21	48	JASON	WILKINS	CARDIGAN RC	00:44:38	OM	39

22	41 PAUL	PADGET	INGLI RUNNERS	00:45:12	M50	53
23	23 LINDY	EYNON	TROTS	00:45:20	F45	48
24	40 BRIAN	DONERITY	PEMBS TRI	00:45:37	M40	40
25	34 DEE	JOLLY	SARN HELEN	00:45:43	OF	22
26	63 LYN	REES	SARN HELEN	00:46:39	M50	59
27	54 NICHOLAS	MCGINN	NEATH HARRIERS	00:47:07	OM	36
28	51 ALAN	WILLIAMS	INGLI RUNNERS	00:47:54	OM	39
29	61 JILL	WILLCOX	INGLI RUNNERS	00:47:58	F35	37
30	50 EMMA	SHAW	NONE	00:49:10	F35	36
31	26 ROLAND	SHERWOOD	AMMAN VALLEY HARRIERS	00:49:28	M60	63
32	49 JANE	WILKINS	CARDIGAN RC	00:49:39	F45	46
33	24 ROBERT	SMITH	PEMBS HARRIERS	00:50:24	M40	48
34	59 DAVID	CLARK	NONE	00:51:03	M50	50
35	53 MIKE	HODGES	TROTS	00:51:11	M50	56
36	58 JAN	JONES	SARN HELEN	00:51:22	F35	43
37	39 CARYL	DAVIES	SARN HELEN	00:51:53	OF	21
38	43 BRIAN	MURPHY	INGLI RUNNERS	00:52:08	M40	44
39	38 IAN	HIPKINS	PEMBS TRI	00:55:20	M60	60
40	60 ANDY	LIGHT	NONE	00:56:47	M40	47
41	47 RAYMOND	GREENWOOD	NONE	00:56:56	M50	52
9999	36 PHILLIP	DAVIES	3M'S GORSEINOM RR		M60	61